

Fore River, Portland, ME - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:26	10.4	12:38	11.6	6:23	-0.9	7:01	-1.9	7:14	4:14	
2	Tue	1:19	10.4	1:33	11.2	7:18	-0.8	7:54	-1.6	7:14	4:15	
3	Wed	2:14	10.3	2:31	10.7	8:16	-0.6	8:50	-1.2	7:14	4:16	
4	Thu	3:12	10.1	3:33	10.1	9:17	-0.3	9:48	-0.7	7:14	4:17	
5	Fri	4:12	10.0	4:37	9.6	10:22	0.0	10:48	-0.2	7:14	4:18	
6	Sat	5:13	9.8	5:42	9.1	11:28	0.2	11:50	0.3	7:14	4:19	
7	Sun	6:14	9.7	6:48	8.8			12:36	0.2	7:14	4:20	
8	Mon	7:14	9.7	7:50	8.7	12:53	0.5	1:39	0.1	7:14	4:21	
9	Tue	8:10	9.8	8:46	8.7	1:52	0.7	2:36	0.0	7:13	4:22	
10	Wed	9:00	9.9	9:36	8.8	2:44	0.7	3:25	-0.2	7:13	4:23	
11	Thu	9:45	9.9	10:21	8.8	3:31	0.7	4:10	-0.3	7:13	4:24	
12	Fri	10:27	9.9	11:02	8.9	4:14	0.7	4:51	-0.3	7:13	4:25	
13	Sat	11:07	9.9	11:40	8.9	4:54	0.7	5:29	-0.3	7:12	4:27	
14	Sun	11:44	9.8			5:31	0.7	6:04	-0.2	7:12	4:28	
15	Mon	12:17	8.9	12:19	9.7	6:07	0.7	6:37	-0.1	7:11	4:29	
16	Tue	12:52	8.8	12:55	9.5	6:43	0.8	7:11	0.0	7:11	4:30	
17	Wed	1:26	8.8	1:31	9.3	7:20	0.9	7:46	0.2	7:10	4:31	
18	Thu	2:03	8.8	2:10	9.0	8:00	1.0	8:24	0.4	7:10	4:33	
19	Fri	2:41	8.7	2:53	8.7	8:44	1.1	9:06	0.6	7:09	4:34	
20	Sat	3:24	8.8	3:41	8.5	9:31	1.1	9:51	0.8	7:08	4:35	
21	Sun	4:10	8.8	4:33	8.3	10:23	1.1	10:40	0.9	7:08	4:36	
22	Mon	5:00	9.0	5:31	8.2	11:19	0.9	11:35	0.9	7:07	4:38	
23	Tue	5:56	9.3	6:33	8.3			12:20	0.6	7:06	4:39	
24	Wed	6:55	9.7	7:36	8.6	12:34	0.8	1:22	0.1	7:05	4:40	
25	Thu	7:53	10.2	8:35	9.1	1:34	0.4	2:21	-0.5	7:04	4:42	
26	Fri	8:50	10.8	9:30	9.6	2:32	-0.1	3:16	-1.2	7:03	4:43	
27	Sat	9:44	11.3	10:24	10.1	3:27	-0.6	4:09	-1.7	7:03	4:44	
28	Sun	10:38	11.6	11:16	10.5	4:21	-1.0	5:01	-2.1	7:02	4:46	
29	Mon	11:31	11.8			5:15	-1.3	5:52	-2.2	7:01	4:47	
30	Tue	12:08	10.7	12:24	11.7	6:08	-1.5	6:42	-2.1	7:00	4:48	
31	Wed	12:59	10.8	1:17	11.3	7:02	-1.4	7:33	-1.8	6:59	4:50	